

Who does what?

Walk in the Light

The Pastor

- Provides orientation to Health Ministries
- Provides training resources and support

The Congregation

- Provides leadership and support
- Leads by example
- Creates a Health Ministry
- Supports the Health Ministry
- Commits to "Walk in the Light"

The Health Ministry Coordinator

- Keeps members' health information private
- Communicates with the pastor and the congregation
- Attends orientation and training
- Assesses congregation's needs
- Learns and uses community resources to promote healthy lifestyles
- Evaluates and shares progress

For More Information

Community Health and Chronic Disease Prevention

Region 7: Serving Health Ministries in Berkeley, Charleston and Dorchester counties.

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South Carolina Department of Health
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Walk in the Light



**Learn How You Can
Prevent Chronic Diseases**

Walk in the Light



Learn to Live a Healthier Way.

African-Americans are at higher risk for heart disease, stroke, high blood pressure, diabetes, and some cancers. Healthy eating, more exercise, less salt, and no tobacco use can lower health risks.



Choosing a healthy lifestyle can help prevent early death and repeat hospital visits due to heart disease, diabetes, stroke, high blood pressure, and cancer.

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knowledge about...



- Heart Disease
- Cancer
- Stroke
- High Blood Pressure
- Diabetes
- Healthy Eating
- Physical Activity
- Hazards of Tobacco Use

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helps...

African American congregations teach their members about how lifestyle affects health and how chronic diseases develop.

